

St John's PSHE Curriculum – KS3

2023 – 2024 Curriculum Plan

Curriculum Intent

In the Gospel of St John, Jesus says that he has come that we may have 'life to the full'. Providing our young people with the tools, skills and foundations to navigate life with all its opportunities and challenges and be happy, is what drives the intent for PSHE and RSE at St John's. We want all our students grow in their understanding and appreciation of themselves as a child of God and a young person who will contribute uniquely to human relationships, their natural and social environment and the world of work. The personal characteristics and values are nurtured through daily school life and the PSHE curriculum makes a distinctive contribution to this journey. We study under the three areas recommended by the PSHE Association:

- Health and Wellbeing
- Relationships Education (which includes RSE Ten Ten Programme *Life to the Full* which is delivered in PSHE lessons for KS3)
- Living in the Wider world

These core areas allow students to engage with the statutory requirements for PSHE, an aspirational Careers programme, explore their roles as citizens and prepare them to be safe, well and fulfilled in all their relationships. As a result of their school life and, their PSHE Curriculum, our students will become healthy, independent and responsible members of a society who understand how they develop personally and socially and give them confidence to tackle many of the moral, social and cultural issues that are part of growing up. We provide our students with opportunities to learn about rights and responsibilities and appreciate what it means to be a member of a diverse and inclusive society. Above all, our students will nurture their sense of self-worth so that they can transform, protect and enrich the world they inherit.

Post Pandemic PSHE Development

We are aware that the impact of the national measures put in place in response to COVID 19 will create new needs and priorities we must respond to as a School in order to ensure our PSHE Curriculum supports recovery and restoration.

Key:

Health and Wellbeing	Living in the wider world Careers, Citizenship, British Values.	Relationships and RSE
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Curriculum Implementation for PSHE Curriculum

Year	Autumn 1 – 4	Autumn 5-14	Spring 1	Spring 2	Summer 1	Summer 2
7	Wellbeing & Transition, Healthy Habits and Safety <i>Transition to secondary school and personal safety in and outside school, including first aid</i> British Cross First Aid Practice Pos Ref: H1, H2, H30, H33, R13, L1, L2	RSE TEN TEN Who am I? Changing Bodies. Healthy Inside and Out. Where we come from. Family and Friends. My life on Screen. Living in the wider world. Facts of Life. Ittf sec one page overview (1).pdf	Living in the Wider World Careers Unit & Financial Choices Saving, borrowing, budgeting and making financial choices (Citizenship focus included <i>The rule of law and politics</i> Pos Ref: L16, L17, L18, L19,	Relationships: Diversity, Prejudice and Bullying Diversity, prejudice, and bullying <i>(Add in focus is also Citizenship and British Values activity)</i> PoS Ref: R3, R38, R39, R40, R41	Living in the Wider World Careers Cover Careers, teamwork and enterprise skills, and raising aspirations to meet PSHE requirements. PoS Ref: R15, R39, L1, L4, L5, L9, L10, L12 Gatsby Benchmarks 2 3 6 7 8	Health and Wellbeing Smoking/Vaping Sleep Drugs Personal Hygiene FGM PoS Ref: H5, H13, H14, H15, H16, H17, H18, H20, H22, H34
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
8	RSE TEN TEN Created and Chosen. Appreciating differences. Feelings. Before I was born. Tough relationships. Think before you share. Wider world.	Relationships: Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia	Living in the wider world: Digital Literacy (online safety) PoS Ref: H3, H30, H32, R17, L19, L20, L21, L22, L23, L24, L25, L26, L27	Community and Careers Cover equality of opportunity in careers as part of this to meet PSHE requirements.	Health Mental health and emotional wellbeing, including body image and coping strategies	Health Drugs, Vaping and Alcohol, Gambling, Gaming PoS Ref: H13, H23, H24, H25, H26, H27, H28, H29, H32,

Reviewed Autumn 2023 : Next Review Summer 2024

	Trouble with Max. Pos Ref: H35, H36, R4, R5, R10, R16, R18, R24, R25, R26, R27, R29, R30, R32	Magistrates possible PoS: R3, R4, R39, R40, R41, R42, R43, British Red Cross – Empathy Plus Migration Talk (refugees important for school context)		Pos: R39, R41, L£ L8, L9, L10, L11, L12 Gatsby Benchmarks 2 3 6 7 8	PoS Ref: H3, H4, H6, H7, H8, H9, H10, H11, H12, L24	
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
9	RSE TEN TEN The search for Love. Love people use things. In control of my choices. Fertility and contraception. Marriage. One hundred percent. Knowing my rights and responsibilities. Love, Honour cherish. Babies	Careers Setting Goals Cover Learning strengths, career options and Goal setting as part of GCSE options. G1 PoS ref: L2, L3, L6, L7, L8, L9, L11, L12, L13, L14 Gatsby Benchmarks: 2 3 6 7 8	Intimate relationships a) about readiness for sexual activity, the choice to delay sex, or enjoy intimacy without sex b) about myths and misconceptions relating to consent c) about the continuous right to withdraw consent and capacity to d) consent e) about STIs, effective use of condoms and negotiating safer sex f) about the consequences of unprotected sex, including pregnancy g) how the portrayal of relationships in the media and pornography might affect expectations h) how to assess and manage risks of sending, sharing or	Living in the Wider World Employability Skills & My Voice in politics Employability and online presence <i>G2 and G8</i> Citizenship Focus Votes and Politics Charities and Volunteering <i>Citizenship</i> Pos refs: R13, R14, L2, L4, L5, L8, L9, L14, L21, L24, L27	Relationships Respectful Relationships Families Parenting, healthy relationships, conflict resolution and relationship changes. Pos refs: H2, R1, R6, R19, R21, R22, R23, R35, R36	Health Diet Exercise Body image first aid Caring for your body / Blood donation / Vaccinations / Tattoos and Piercing Substance use and gangs, peer influence PoS refs: H3, H14, H15, H16, H17, H18, H19, H21

			passing on sexual images i) how to secure personal information online Pos: R7, R8, R11, R12, R18, R24, R26, R27, R28, R29, R30, R31, R32, R33, R34, L21			
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- A clear and comprehensive scheme of work supports this plan.
- Use of assemblies, visiting speakers, textbooks and use of online materials from specialist agencies are used to support the delivery.
- Some units are supported by short knowledge organisers / self-tests to encourage growing knowledge.

Impact

Without some assessment we can only really describe what we cover in the PSHE curriculum rather than make any judgements about its impact. We also want to ensure that the same highest standards of teaching and learning impact on the engagement and delivery of the curriculum. It must therefore be subject to the same scrutiny as other areas of the curriculum. Several methods will inform our judgements about the impact of PSHE on students.

1. Lessons: Contain a range of 'assessments' which can be monitored by the teachers delivering. Short quizzes, reflections on learning, prior assessment of learning in some sessions and oral assessment of answers and engagement in PD lessons.
2. Workbook /Folders kept by students for PSHE Work
3. Learning Walks by leaders for Teaching and Learning to support continued professional development for teachers of PSHE.
4. Student Focus Groups once per term to reflect on the impact of the materials. A termly review of materials / lessons and evaluate as the PSHE Team
5. Support from SEND team to reflect on and adapt materials to ensure that there is accessibility for the curriculum.

Teaching Resources to support implementation

We reviewed all materials used for PSHE and have additional we have sought support from the PSHE Association in order to access a greater range of PSHE Accredited materials and ensure that the guidance and advice that they give as specialists is filtered down to the team.

This Programme of study maps out the meeting of requirements as well as implementing a spiral curriculum and teaching methodology based on research for PSHE as a subject area.

In addition to the PSHE Association guidance on content we are supported as a school by a subscription to Ten Ten which provides resources, plans and assessment tools to deliver the statutory content through the prism of Catholic RSHE. The framework of our programme is taken from the Model Catholic RSE

Programme by the Catholic Education Service, which has been highlighted by the Department of Education as a work of good practice. **Life to the Full** will address the needs of young people where they are at in today's world. The teaching includes lessons on puberty, personal hygiene, fertility, menstruation, family and friends, sexual intimacy, delaying sex, an understanding of the body, sexuality, marriage, gender, online relationships, social media, consent, grooming, pressure, STIs, contraception and natural family planning, abortion/miscarriage, the effect of drugs and alcohol on relationships, pornography and sexual exploitation. The programme will be fully inclusive of all students and across all Key stages.